**我們是世上的光**

**院長 郁德芬博士**

大概在兩年前，我們已着手籌備慶祝心光成立125週年活動的工作。在籌劃過程中，雖然剛面對新冠狀病毒病的困難，但仍抱持着樂觀的期盼，不相信兩年後香港仍生活在疫情中，所以我們仍不懈推展計劃，然而，2022年伊始，疫情竟漸趨嚴峻，我們只好採用後備方案，例如於4月21-22日舉行的[同行見未來]-视障教育研究、就業支援研討會改為網上錄播；而感恩音樂會因應表演者需要較多時間練習而延至於5月21日網上錄播。今年125周年，卻要面對如此嚴峻的疫情，確實有些令人沮喪，失意。但這是心光歷史中最艱難的時刻嗎？當然不是，回顧心光125年的旅程，由兩位德國女傳教士遠度漂洋來到香港，在資源匱乏、重重困境下開始照顧4名失明女孩，逐步建立心光；經歷第一次及第二次世界大戰，為逃避戰亂，轉折遷徙，甚至捨棄僅有的院舍及資源，逃回國內(廣州)；然而，在神的帶領及指引下，竟然在國內有機會認識及學習中文點字，並引入香港。亦有不少視障青年因社會上仍存在對殘疾人能力的懷疑或不了解，以致他們近十多二十年在香港這個發逹的國際城市，失業問題嚴重，生活在無希望和黑暗中。但我們不灰心、不徬徨，在2015年推出「有作為」項目，我們在困境中體會神的同在，讓心光成為一盞小小的明燈，發出光亮驅散黑暗，照耀世界，照亮有需要的人的 [心]，成為他們的 [光]，指引前路。 「心光」Ebenezer就是神的磐石，神對我們不離不棄，越是困難時刻，只要互相幫助、互相支持，善用我們專業才能、心志，特別是前線的照顧工作，絕不簡單，要用關懷、愛心、努力，必能戰勝逆境。 所以雖然因疫情關係，未能一齊聚首慶祝125周年，但可以透過互聯網，擕手與香港和世界各地的友人，尤其是德國HBM, 一起走過困境，再邁向另一個125年，真正活出神的使命，成為世上的光，照耀黑暗世界，讓世界看到光、看到信心、看到愛、看到希望。 我們感謝主，給予我們這些全心全意在「心光」委身事奉的同事。這是我們的福氣！

同行建未來—-祝願大家跨過疫境，踏出更美好的旅程。耶穌說：你們是世上的光，應該照亮人前（馬太福音 5:14）

**We Are the Stone of Help**

It’s been two years since we started planning the celebration of Ebenezer’s 125th anniversary hoping that the pandemic would be short-lived. Yet we saw the severe surge in infections at the beginning of 2022, rendering no choice but to hold the Visually Impaired Education Forum ‘The Future is Ours’ and the Thanksgiving Concert through Internet broadcasting on 21-22 April and 21 May respectively. Not being able to formally celebrate our anniversary is disappointing but we remain thankful for how far Ebenezer has come since its founding by Hildesheimer Blindenmission (HBM) in 1897. With nothing but the determination to care for four blind girls and complete faith in God, Missionary Martha Postler, Sr. Maria Lange and Sr. Lore Spiker started Ebenezer in Pokfulam, Hong Kong. 125 years later, we are still growing and serving visually impaired people with different needs and at different stages of life. Besides offering education and elderly home services, we launched the Project Works programme in 2015 to offer training and job placement services to visually impaired youth, with the objective to bring employers on board to close the disability employment gap. Jesus Christ is the light of the world and our Ebenezer – our stone of help; while Ebenezer lights the world by being the stone of help to whoever needs it. The Future is Ours – May God bring you joy, peace, and hope for a bright future. “You are the light of the world. A town built on a hill cannot be hidden.” Matthew 5:14**Dr. Alice Yuk, Chief Executive Officer**

**心光125週年《同行見未來》2022 活動一覽**

**Ebenezer 125th Anniversary <The Future is Ours> Programme 2022**

教育論壇及研討會Education Forum2022年4月21-22日21-22 Apr 2022

參加表格：

<https://forms.gle/pjYGHQyFUvujXJan6>

社會融合創新設計比賽Social Inclusion & Innovative Design Thinking Competition2022年3月至7月Mar to Jul 2022

心光學校家教聯 x 心光學校校友會 歌唱比賽 Ebenezer School Parents Staff Asso. X Ebenezer School Alumni Asso. Singing Competition2022年5月至7月May to Jul 2022

參加表格：

<https://forms.gle/ApahwgujW2Cb65o8A>

**心光125週年院慶音樂會**

**心光機構 項目主任 林愷祺女士**

2022年是心光盲人院暨學校創院125週年，為了慶祝這個重要時刻的來臨，機構將於5月21日舉辦「心光125週年院慶音樂會」，以音樂傳達週年慶典的主題—《同行見未來》，藉此勉勵學生發光發亮，貢獻社會。屆時，學生、校友、視障音樂家和來自視障學童支援計劃學校的嘉賓將會以不同的形式帶來精彩的獨奏、合唱和樂隊表演，用悅耳的音樂感動人心。音樂會將於網上舉行，詳情稍後會在「心光音樂頻道」Facebook專頁上公佈，請大家密切留意，不要錯過精彩演出！**The 125th Anniversary Concert – Singspiration**

We are celebrating Ebenezer’s 125th anniversary this year. As part of the year-long celebration, we are holding the 125th Anniversary Concert, Singspiration, on 21 May 2022. Themed around our belief – The Future is Ours – the concert encourages our students to rise and shine and contribute to society. Students, alumni, visually impaired musicians and guests from RSP partner schools will come together to bring us delightful music in various solo, choir and band performances. The concert will be held online and its details will be released on the Facebook page Ebenezer Music Channel. Stay tuned and don’t miss it!**Ms. Kitty Lam, Project OfficerEbenezer Music Academy**

**「視障音樂路」網上講座**

**心光機構 項目主任 林愷祺女士**

由「心光賽馬會音樂旅程」主辦的「視障音樂路」網上講座已於2022年1月6日圓滿舉行。當日，我們很榮幸邀請到內地資深視障音樂老師—高志鵬先生擔任講者。高老師現為山西太原市盲童學校的音樂老師，有超過三十年的音樂教學經驗。講座由心光恩望學校王天玲校長主持，高老師以視像形式與在場聽眾分享他教授視障學生的音樂教學經驗和策略，還即場演奏了不同的樂器曲目，更與畢業生楊恩華進行了二胡即興表演，令聽眾讚歎不已。

**Online Talk “A Musical Journey of the Visually Impaired”**

The online talk “A Musical Journey of the Visually Impaired” organised by the Ebenezer Jockey Club Music Odyssey Project was held successfully on 6 January. We were honoured to have Mr. Gao Zhipeng, an experienced blind music teacher in Mainland, as the speaker; and Principal Wong Tin Ling of Ebenezer New Hope School as the moderator. Mr. Gao shared his experience and strategies in teaching music to visually impaired students. He also played music with different instruments and gave an impromptu erhu performance with our graduate, Mr. Yang Enhua, which was such a nice surprise to the participants.

**Ms. Kitty Lam, Project OfficerEbenezer Music Academy**

**合唱團迪士尼聖誕演出**

**心光學校 鄭臻賢老師**

心光合唱團於去年12月19日聯同「香港迪士尼樂園度假區親善大使」陳麗儀（Lily）、唐俊迪（Tony），以及迪士尼義工隊一同於迪士尼樂園內演唱多首聖誕歌曲，與公眾分享喜樂和平安。為預備是次演出，來自南非的Tony特地學習廣東話、Lily則練習鋼琴，他倆更預先多次到校參與心光合唱團的恆常練習。演出當日，香港迪士尼樂園亦安排了香港展能藝術會以口述影像方式帶領學生觀賞《城堡故事展》，讓同學以觸感及聽覺探索城堡重建的過程，了解城堡的設計和各種建築細節。

**Ebenezer Choir Christmas Performance in Hong Kong Disneyland**

Ebenezer Choir performed Christmas carols in Hong Kong Disneyland on 19 December together with Disneyland Resort Ambassadors Lily Chan and Tony Dick and their volunteers, sharing the message of joy and peace to the public. To prepare for this performance, South-African born Tony learned to sing in Cantonese while partner Lily practised the piano. They also took time to participate in the Ebenezer Choir’s regular practices. Hong Kong Disneyland also arranged The Magic Behind a Disney Castle tour for our students with the audio description provided by the Arts with the Disabled Association HK. Being able to touch and feel the exhibits, students were able to learn how the castle was built and the details of its architectural design.**Ms. Cheng Chun Yin Jasmin, TeacherEbenezer School**

**香港藝術節「無限亮」室內歌劇《婆婆》**

**心光學校 鄭臻賢老師**

應香港藝術節「無限亮」計劃邀請，2位心光學校本讀生（王心怡、佘雅琳）、2位外讀生（許佳埼、余安琳）及畢業生黃盛軒經過試音後，獲挑選參演由本地屢獲殊榮的作曲家葉浩堃創作的室內歌劇《婆婆》。是次演出以音樂和戲劇形式刻劃認知障礙症人士和其照顧者的內心世界，呈現當中的喜怒哀樂。演出原定於3月中舉行，但因應新型冠狀病毒病疫情的發展及政府的最新指引，節目未能如期上演，暫改於網上播放。請大家密切留意「無限亮」網站刊出之最新資訊，欣賞我校幾位同學的精彩演出！

**Chamber Opera Por Por by the Hong Kong Arts Festival “No Limits”**

The Hong Kong Arts Festival “No Limits” programme invited Ebenezer School students Wang Xin-Yi and Shue Nga-Lam, RSP students Xu Kai-Ki and Yue On-Lam and graduate Wong Shing-Hin, to perform in the original Cantonese chamber opera Por Por. Written by award-winning local composer Austin Yip, the opera highlights the daily challenges and emotional struggles of people with dementia and their carers. The in-venue performance was originally scheduled for mid-March. However, due to the pandemic and social distancing measures, the performance will be staged online. Please visit “No Limits” website for updates and enjoy the performance!**Ms. Cheng Chun Yin Jasmin, TeacherEbenezer School**

**衝出工展會**

**「有作為」計劃 松心體驗項目**

CEDAR Workshop獲社會福利署、勞工及福利局邀請，分別在2021年12月19至26日及2021年12月31至2022年1月3日於工展會設置攤位，讓社會大眾認識及了解視障人士的能力。是次攤位中售賣的產品以各款木製杯墊及夜燈盒為主，我們的服務對象及義工亦落力參與其中，除了向在場人士講解及推銷產品外，也不忘分享自身經歷，吸引了很多市民前來了解及支持。總括而言，是次活動不但為「有作為」帶來額外的收入，也讓服務對象及義工獲得深刻而難忘的工作體驗，亦加深了社會大眾對視障人士的理解，意義重大。**Hong Kong Brands and Products Expo**

CEDAR Workshop was invited by the Social Welfare Department and the Labour and Welfare Bureau to set up a booth at the Hong Kong Brands and Products Expo on 19 – 26 December 2021, and on 31 December 2021 – 3 January 2022. We took the chance to promote our wooden coasters and lantern cases, which attracted quite a lot of interested customers. Not only did we gain valuable experience from the event, but also had the opportunity to share our vision with the public. All in all, this has been a rewarding activity.

**CEDAR Workshop**

**Project WORKS**

**聯校音樂聖誕活動**

**心光學校戴卓盈老師 及 加拿大國際學校學生彭若詩**

2021年12月22日，加拿大國際學校與心光學校合作帶來了一場精彩絕倫的聖誕音樂表演。從樂器演奏、歌唱，到樂隊表演，兩所學校的表演者都傾盡全力演出。過場時間，主持與同學一起猜聖誕謎語，又一起學習一些簡單的舞蹈動作，為最後一個表演作準備。到了表演的尾聲，所有人都獲邀上台，一起隨着「Hokey Pokey」的音樂起舞。這次聯校音樂聖誕活動的籌備過程雖然充滿挑戰，但表演當日見到所有人都樂在其中，大家都覺得非常值得。加拿大國際學校的表演者對於能參與這次合作感到非常興奮和榮幸，也十分欣賞心光學生卓越的表演和歌唱技巧！

**Joint-school Christmas Music Programme**

On 22 December 2021, students from the Canadian International School (CDNIS) collaborated with Ebenezer School students to produce an exciting Christmas performance. The programme featured instrument playing, singing, as well as band performances. There were also some fun activities for students to learn dance moves and guess Christmas riddles before they gave their last performance and invited everyone up to the stage to dance together to the song “Hokey Pokey”. Even though the preparation took much time and effort, the result was very rewarding seeing students from both schools pull out all the stops to put on a spectacular performance. The CDNIS student performers also expressed their delight to have this opportunity to perform with the talented Ebenezer students.

**Ms. Rondy Tai, Teacher of Ebenezer School& Yoyo Pang, Student of CDNIS**

**《我們的故事+1+1》**

**心光學校 關潔雯副校長**

當大家漫步校園，有沒有看到游泳池旁邊的花圃增添了多個不同形狀和顏色的陶瓷傳聲筒及小人兒呢? 其實那些都是心光學校與「藝想 St James’ Creation」（「藝想」）合作，在《我們的故事+1+1》中製作的作品。這一系列觸感陶泥作品由「藝想」的義工導師及5位陶藝師傅創作，讓視障同學透過觸摸作品的紋理、形狀、溫度感受作品中承載的祝福。「藝想」還安排了聖雅各小學的學生與心光學生一起試玩傳聲筒及參觀校園。 「藝想」與心光稍後仍有另一創作活動，名為「我們的星空」。藝術家會與心光學生共同創作陶瓷片，再結合混合媒體，暫定於2022年底於堅尼地城海濱長廊，與其他本地及海外藝術家一同展出作品，藉此連繫各界人士，傳遞希望與祝福的訊息！

**Our Stories +1 +1**

When you take a stroll in the campus and see the many brand-new ceramic string telephones and figurines of all shapes and colours, do you feel as if you are transported to an art gallery? They are the creations for Our Story+1+1, the joint initiative of Ebenezer School and St James’ Creation (SJC). Volunteer tutors and 5 ceramic mentors from SJC designed a series of tactile ceramic works of different patterns, shapes, sounds and temperatures to show our students the art and blessings from the community. The organisation also arranged for students of St. James’ Primary School to pay us a visit, during which they joined our students to test out the string telephones.Another activity in progress is Our Starry Sky. SJC will work with our students in creating a series of ceramic tiles combined with mixed media. Their works will be featured at an international exhibition at the Kennedy Town harbourfront tentatively by the end of 2022. We hope we can spread a message of hope and good tidings to all in the community.**Ms. Canossa Kwan, Deputy PrincipalEbenezer School**

**中小學共融課**

**心光學校 關潔雯副校長**

在2021年11月期間，慶幸疫情尚算穩定，中、小學得以外出參與久違了的共融課。小二及小六學生帶著興奮的心情到九龍民生書院小學進行了三天共融課。他們除參與各科教學課節外，還參加了感恩活動。雖然只有短短三天相處時光，兩校學生已建立真摰友誼。 而中一至中三級學生則到香港兆基創意書院參與三天共融課。書院老師為了準備合適的教學內容，特地到心光校園參觀，並戴上眼罩體驗視障學生的學習過程。中學同學在書院體驗了一些特色課堂，如形體與表演、聲音與音樂、身心課、導賞課及導師課等，讓學生眼界大開，期望日後所有同學也有機會參與共融課。

**Primary and Secondary Inclusive Lessons**

Taking advantage of the lull in the pandemic in November 2021, Primary and Secondary students got to participate in the long-awaited inclusive lessons. P.2 and P.6 students went to Munsang College Primary School for a 3-day exchange. Besides attending all the school lessons, our students took part in Munsang’s Thanksgiving activities. Students from both schools struck a genuine bond despite the brevity of our stay. Meanwhile, S.1 to S.3 students spent their 3-day journey at the HKICC Lee Shau Kee School of Creativity (HKSC). To design suitable content for our students, the HKSC teachers took the time to visit the Ebenezer campus, and even went blindfolded to experience how our students learn. The fun-filled lessons in HKSC educated our students on movement and performance, sound and music and body-mind connection, followed up by mentoring sessions and guided tours. Our students had a wonderful time taking part in lessons in mainstream schools and we look forward to more opportunities like this in the future.

**Ms. Canossa Kwan, Deputy PrincipalEbenezer School**

**融合游泳課**

**心光恩望學校 林少雁老師**

本學年，體育科很高興邀請到SPLASH Foundation Limited 義工協助高中體育課。學期初，他們派出兩位經驗豐富的游泳教練到校教授同學游泳; 義工的加入不但降低了師生比例，同時改良了游泳課的內容。老師以小步子形式，按學生的實際進度進行教學及作適時的進展性評估。有了義工的協助後，老師可以把同學按學習差異分成小組。怕水的同學先嘗試利用腳踝接觸水，再把整個身體浸入水中。有的同學十分喜歡玩水，但欠缺安全意識; 老師便先讓同學在水中圍繞池邊行走，然後嘗試浮起手、腳。部份學生表現大有進步，甚至可自行游泳，令人欣喜。

**Inclusive Swimming with Volunteers**

In this academic year, the Physical Education team is very glad to have the volunteers from SPLASH Foundation Limited join the swimming lessons of our Senior Secondary PE Class. The two experienced coaches from SPLASH helped us review and streamline our swimming curriculum. Teachers learned how to develop students’ swimming skills step by step and conduct formative assessments according to the learning progress of the students. With the assistance of the volunteers, we were able to divide our students into small groups according to their learning differences including their level of fear of water, floating ability, leg movement and breathing control. We are happy to see their learning progress and some students can even start to swim independently.

**Ms. Lam Siu Ngan, TeacherEbenezer New Hope School**

**視障學童支援計劃心光恩望學校 萬麗好老師**

視障學童支援計劃（RSP）是心光盲人院暨學校的一個服務計劃，於1970年起推行。旨在實踐融合教育，致力關顧視障學童的全人發展。 過去十年間，多重學習障礙的視障學童人數日漸增加。於2021年9月開始，心光恩望學校接替心光學校支援在嚴重智障學校就讀的視障學童。支援服務包括為視障學童提供訓練、為支援學校提供教學意見、為家長提供教導子女的方法等。RSP資源老師會與協作學校教職員和治療師時刻保持緊密溝通，以跨專業合作模式支援學童整體學習及訓練，讓學生在有效和安全的情況下進行訓練（例如：定向行走）。期望學童在建立基本能力及個別化的學習模式後，能應用在日常學習和生活中。**The Resource Support Programme for Visually Impaired Students**

Originated in 1970, the Resource Support Programme (RSP) for visually impaired students is a service under Ebenezer School & Home for the Visually Impaired. We aim to promote inclusive education and to foster students’ whole-person development through providing individualised services to support visually impaired students in mainstream or other special schools. Seeing the rising number of visually impaired students with multiple learning disabilities in the past decade and the subsequent need for realignment of resources, Ebenezer New Hope School started to take over RSP services for visually impaired students with severe intellectual disabilities in September 2021. Services include adapting the classroom learning environment for individual students and providing teaching advice to other educators and parents. In addition to school learning, the RSP resource teachers also maintain close communication with the teaching staff and therapists of partner schools to provide students with different rehabilitation services such as Orientation and Mobility training, to help students become more independent.

**Ms. Man Lai Ho, TeacherEbenezer New Hope School**

**聖誕聯合崇拜**

**心光學校 廖啟軒老師**

本年度心光盲人院暨學校聖誕聯合崇拜已於2021年12月21日圓滿結束，當日很榮幸邀請到聖公會聖約翰座堂主任陳國強牧師擔任主禮嘉賓及證道。崇拜以實體模式舉行，內容包括：心光幼兒中心學生以重現聖景的形式紀念耶穌的出生，心光學校歌詠團獻唱《Noel, Noel, a Boy is Born》; 恩望學校學生演奏詩歌《Go tell it on the mountain》; 心光學校的學生用布偶演出聖誕劇及基督徒教職員獻唱聖誕詩歌紀念耶穌基督的降生。大家一同度過平安、喜樂的下午。

**Ebenezer Joint Christmas Service**

Ebenezer Joint Christmas Service 2021 was held on 21 December. We were very honoured to have the Dean of St John’s Cathedral, the Very Revd Kwok-Keung Chan as our officiating guest. Students of every school participated in the celebration: Ebenezer Child Care Centre students performed the nativity scene; Ebenezer New Hope School students performed the hymn “Go Tell It on the Mountain”; Ebenezer School students performed a puppet show about Christmas gifts; The Ebenezer Choir performed the hymn “Noel, Noel, a Boy is Born”. Ebenezer Christian staff also wished everyone a blessed Christmas with the carol “We Wish You a Merry Christmas”.

**Mr. Vincent Liu, TeacherEbenezer School**

**遙距支援EIP家長**

**視障幼兒教育支援服務 李詠珊主任**

第五波疫情來勢洶洶，EIP為確保幼兒及家長的安全，決定暫停所有面授訓練。由於幼兒正處於黃金訓練期，長時間暫停訓練對他們的發展影響甚大，因此令不少家長及老師十分苦惱。有見及此，EIP老師雖未能於中心與幼兒進行面授課堂，但仍會與家長保持緊密聯絡，以各種不同的方式支援家長，如電話跟進、提供家居訓練的意見、以Zoom或影片模式進行遙距訓練等;讓家長於家中仍可為幼兒進行訓練，促進幼兒成長，減少家長壓力。

**Distance Support to EIP Parents**

In order to keep EIP children and their parents safe during the pandemic, EIP has suspended all face-to-face training. We understand the parents may be worried that the lack of training will affect their children’s development. Therefore, our teachers have maintained close contact with the parents during the suspension period. By giving advice on home training, following up on the progress and conducting zoom or video training sessions, we continue to support children’s learning at home. We certainly hope that the pandemic will be over soon and we can meet again at school.**Ms. Lee Wing Shan, Project ManagerEarly Intervention Programme**

**第73屆香港學校朗誦節學生成績**

**Results of the 73rd Hong Kong Schools Speech Festival**

|  |  |  |  |
| --- | --- | --- | --- |
| 班別 | 學生姓名 | 參賽項目 | 獎項 |
| P1 | 甘興堯KAM HING YIU | 粵語男子詩詞獨誦Cantonese Solo Verse Speaking - Boys | 冠軍Winner |
| P1 | 陸美英LUK MEI YING | 英語女子詩詞獨誦English Solo Verse Speaking - Girls | 優良獎狀Merit |
| P2 | 陳恩佑CHAN GABRIEL JOSIAH | 粵語男子詩詞獨誦Cantonese Solo Verse Speaking - Boys | 優良獎狀Merit |
| P2 | 陳柏宇CHEN BAIYU | 粵語男子詩詞獨誦Cantonese Solo Verse Speaking - Boys | 良好獎狀Proficiency |
| P2 | 林子歡LAM TSZ FUN | 粵語男子詩詞獨誦Cantonese Solo Verse Speaking - Boys | 優良獎狀Merit |
| P2 | 吳昊章WU HAO ZHANG | 普通話男子散文獨誦Putonghua Solo Prose Speaking - Boys | 良好獎狀Proficiency |
| P3 | 陳靖CHAN CHING | 粵語女子詩詞獨誦Cantonese Solo Verse Speaking - Girls | 優良獎狀Merit |
| P3 | 謝卓純TSE CHEUK SHUN | 粵語女子詩詞獨誦Cantonese Solo Verse Speaking - Girls | 良好獎狀Proficiency |
| P4 | 陳佳壕CHEN KAI HO | 普通話男子詩詞獨誦Putonghua Solo Verse Speaking – Boys | 良好獎狀Proficiency |
| P4 | 邵知言SHAO ZHIYAN | 英語男子詩詞獨誦English Solo Verse Speaking - Boys | 優良獎狀Merit |
| P4 | 王心怡WANG XIN YI | 普通話女子散文獨誦Putonghua Solo Prose Speaking - Girls | 優良獎狀Merit |
| P5 | 周卓賢CHOW EDRIC | 英語男子詩詞獨誦English Solo Verse Speaking - Boys | 優良獎狀Merit |
| P6 | 陳穎思CHAN WING SZE | 英語女子詩詞獨誦English Solo Verse Speaking - Girls | 優良獎狀Merit |
| P6 | 李沛凝LI PUI YING | 英語女子詩詞獨誦English Solo Verse Speaking - Girls | 亞軍1st runner-up |
| S1 | 許名揚HUI MING YEUNG | 粵語男子詩詞獨誦Cantonese Solo Verse Speaking - Boys | 良好獎狀Proficiency |
| S1 | 梁健聰LEUNG KIN CHUNG | 粵語男子詩詞獨誦Cantonese Solo Verse Speaking - Boys | 優良獎狀Merit |
| S1 | 楊文樂YANG WENLE | 普通話女子詩詞獨誦Putonghua Solo Verse Speaking - Girls | 優良獎狀Merit |
| S2 | 黃凱霖WONG HOI LAM | 粵語女子散文獨誦Cantonese Solo Prose Speaking - Girls | / |
| S2 | 陳浤益CHAN WANG YIK | 英語男子詩詞獨誦English Solo Verse Speaking - Boys | 優良獎狀Merit |
| S3 | 區墁芷OU MANZHI | 普通話女子散文獨誦Putonghua Solo Prose Speaking - Girls | 良好獎狀Proficiency |
| S4 | MAGNO SEBASTIAN II UCOL | 英語男子詩詞獨誦English Solo Verse Speaking - Boys | 優良獎狀Merit |
| S4 | 佘雅琳SHUE NGA LAM | 普通話女子散文獨誦Putonghua Solo Prose Speaking - Girls | 優良獎狀Merit |

**自我按摩工作坊**

**校友及福音事工部 莊欣姑娘**

福音事工部於去年11至12月，邀請了註冊物理治療師許偉智先生為校友舉辦兩節 「自我按摩工作坊」。工作坊探討了一些中老年人常見的慢性痛症，如頭痛、頸痛、肩膊痛、網球肘、退化性膝關節炎等等。許偉智先生亦教導校友使用點穴棒刺激穴位，以達至舒緩肌腱繃緊、改善慢性疼痛的效果。校友在工作坊中亦能與老朋友聚舊，可謂一舉兩得。

**Acupoint Massage Workshops**

We invited registered physiotherapist Mr. Simon Hui to conduct two sessions of Acupoint Massage Workshops for alumni in November and December. Simon taught the participants how to relieve common types of chronic pain such as headache, neck pain, shoulder pain, tennis elbow, and osteoarthritis of the knee by stimulating acupoints with a small wooden stick. He was very clear in his explanation and all the participants have learned some useful techniques that will help themselves and their family members.**Ms. Chong Yan Janice, OfficerChristian Ministry**

**RSP聖誕聯歡及親子活動**

**心光學校 陳月明老師 周佩怡老師**

學校於去年12月為外讀部 (RSP) 的中學生們舉行了多元的聖誕聯歡活動，老師和同學一起到城門水塘享受遠足郊遊的樂趣；然後再到大型桌上遊戲中心玩桌上遊戲，舒展身心。而小學生和家長則參加了「親子齊喜動 GO GO GO」活動，親子透過競賽活動增進親子感情；家長學習規劃「自家時間表」，平衡工作與生活；子女則透過競技活動與朋輩建立友誼，冀在成長路上互相扶持。

**RSP Christmas Celebration & Parent-Child Activities**

The RSP held a series of activities for our students in December. The secondary students went on an outing to Shing Mun Reservoir and a visit to a local board game education centre. The primary students and their parents participated in the ‘Let’s Move Family Go Go Go’ event where the parents learned to customise family schedules to help improve work-life balance while their children were bonding with their peers in a series of exciting competitions.

**Ms. Chan Yuet Ming, Ms. Chow Pui YeeTeachers, Ebenezer School**

**珠心算體驗課程**

**心光學校 黎健賢老師**

數學科於10至11月期間邀請校外珠心算導師到校，為高小學生舉辦了四次珠心算體驗課程。上課時，同學需要耳聽、手撥及腦算，以提升集中力和記憶力，幫助他們建立基礎運算概念。參與課程的學生都積極投入課堂，過程中踴躍發問及回應導師的提問，並能於限時內完成指定的練習。同學能運用所學到的技巧去解決數學難題，課後亦能應用撥珠技巧及背誦口訣。

**Abacus Mental Calculation**

We invited abacus mental calculation tutors to hold four experience classes in October and November to improve students’ Maths skills. Students were trained to use the abacus through listening, finger movement and mental calculation at the same time. It can effectively improve their concentration and memory and help students establish basic calculation concepts. The students were highly engaged in the learning activities and were able to master the skills and memorise the formulas to complete all the exercises.

**Mr. Lai Kin Yin, TeacherEbenezer School**

**數 Fun Day 及 English Play Day**

**心光學校 黎健賢老師 陳淑雯老師**

數學科及英文科分別於去年12月10日及17日舉辦了遊戲日活動，活動旨在提升學生的學習興趣，並讓學生展示平日所學的知識。數學科活動有「數學遊蹤」及「觸感攤位遊戲」，「數學遊蹤」需要學生利用平板電腦掃瞄張貼在校內的二維碼，閱讀有關的數學問題並於線上提交答案。而「觸感攤位遊戲」則要學生到禮堂參與攤位遊戲，從而贏取豐富獎品。 英文科則舉辦了心光校園版《Family Feud》過關問答比賽及「潛能小對戰」遊戲，老師根據學生平日所學的詞彙及認識的時、地、人設計題目。活動中，學生積極以英語討論及回答問題，贏取分數及獎品。心光學生在上述兩項活動都發揮了互相合作的精神，成功解決每一關的難題，獲益良多。

**Mathematics and English Fun Day**

To develop students’ interest in learning Mathematics and English while giving them an opportunity to demonstrate what they have learnt, we held two Fun Day events on 10 and 17 December. Maths Day programmes include Maths question hunt and tactile game booths. Students used iPads to scan QR codes, read Maths problems and submit answers. They also played the tactile games in the school hall to win prizes. On English Day we held an Ebenezer version of the popular game show Family Feud with several fun mini battles in between. Students recalled previously learned vocabulary as they guessed the top answers to the survey questions collected from our staff members. The teams practised speaking English in the discussions and were eager to answer the questions. Students were highly engaged in both activities and demonstrated great team spirit and problem-solving ability.**Mr. Lai Kin Yin, Ms. Chan Shuk ManTeachers, Ebenezer School**